

Now deep thoughts ...with Conestoga College *Rapid questions answered by random students*

What is the worst drinking experience you've ever had?



"I fell out of a Jeep and broke my arm"
Anna Grocholska

"I threw a cat at my friend and woke up with guile on my shirt"
Chris Clark



"I threw my drink at some guy who grabbed my ass and made him buy me a new one"
Anna Grocholska

"A seven-hour trike ride home after drinking. I can't remember what"
Darren O'Garra



"I slept in the hallway of a hotel by myself"
Melissa Black



"I did down a tree and off a cliff"
Trevor Jones



"I tried to teach my babies how to walk straight"
Kijel Patel

And Conestoga, you could be our next respondent!



Photo by Brian Butler

Tiffany Timlock played the victim in an accident scenario where she was supposedly hit by a car outside the recreation centre. It was one of the two scenarios held annually by the law and security administration program. This year's event took place Feb. 5.

Faking it: a look behind an accident scenario

By CARLA SUPERMAN

Tiffany Timlock, wearing a purple long-sleeved shirt and a black jacket, points toward the crowd behind a parked car as she lies spread out on the grass, motionless. Her eyes are closed, her mouth is open, and her head is tilted back.

"This is what happened up here," she says, looking up at the sky. "This is what happened up here." Timlock is the victim in a simulated accident scenario where she was supposedly hit by a car outside the recreation centre. It was one of the two scenarios held annually by the law and security administration program. This year's event took place Feb. 5.

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However, the accident is only part of the story for the L&S students. Following the scenario, they will be involved in a mock criminal justice system trial in the courtroom, and a jury will be called.

By about 10:30, the original start time of the scenario, police

"Each year it keeps getting better and better"

Don Douglas

L&S program co-ordinator

are not preparing themselves for the trial.

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her — to say what's going on. A police officer is the only one who can say what's going on.

"You are supposed to be doing. Keep your head down."

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Media sensationalism a two-way street

It seems as though the media's priorities now fall somewhere between the stomach of a chicken and Janet Jackson's right breast.

And as a media outlet, let us remind you of just how much sensationalism gets thrown in our faces from day to day.

Over the past couple of months, as much poetry has been in the news due to the requirements HCN1 held the poet's flying around that it has made for a business night out for wings. And even though the World Health Organization tries to calm our nerves by saying the virus can only be spread through direct contact, it still gives us a good reason to stock up on more respiratory masks.

And if you haven't heard the latest about Janet, do yourself a favour and check your pulse. Beyoncé and Justin Timberlake's sexy performance at Super Bowl XXXVIII made quite the lasting impression. But what was so sexy about her nipple has been shown at every different angle, repeated multiple times on television and debated almost ever since the Feb. 1 performance. Yes, Jackson and Timberlake made heads out of themselves.

But please, let's go already.

It's really a shame that the most important events that take place day after-day in our society are mostly forgotten because they lack the catchy headlines. In comparison, it would be interesting to see if Canadians knew more about Pope John's sex tapes or, that one in six children are living in poverty in Canada.

According to the 2003 Report on Child Poverty in Ontario, that is an increase of 41 per cent since 1989. The startling Canadian statistics has been increasing over the past 11 years and all we seem to be concerned about is how much skin the latest Hollywood star is exposing these days.

In an hour-long interview on NBC's Meet the Press Feb. 8, U.S. President George W. Bush expressed his opinion that the loss of more than 300 American lives was worth the fight even though no weapons of mass destruction were found. This is something that should be picked at until exhausted. This is something with a lot of depth to it. It would be a shame if this story was tossed away just because the president's name wasn't mentioned.

It is possible for us, both media and the general public, to separate ourselves from the daily overload of sensationalism and for once pay attention to what really matters?

Are media outlets the cause of the problems or are we just giving ourselves what they want?

In order for this trend to stop both sides have to stop paying so much emphasis on sensationalism and more emphasis on the important issues that affect us day-to-



Bush cleaning up after his mess once again

Strike overlooks the little guys

Once again, it will be the little guy who loses.

College students who have been working without a contract since August are preparing for a vote Feb. 17 to decide whether to go on strike under the students' union. The outlook is not good, although it is not official. Students appear ready to vote yes to a strike.

One of the bigger issues that needs to be resolved is, of course, money. Teachers are looking for a salary raise that will put their salaries between high school teachers and university professors. While parents are telling them that is not feasible.

We all have control, regular fees are not money. But there is a third party within any strike in the middle. The little guy, the student, at Stennis.

Not only do students not have any say, they are being used in power. Students' union has placed the vote of the workers under to March 5. This is the Wednesday after elections from spring break. However, March 5, the 10th



JAMES
DOYLE
OPINION

before students have completed their third semester in the semester, meaning that the semester year would not be complete. This would mean students would not be permitted to start fall semester credit.

And depending on how long the strike goes, we as students, could be expected to attend as they in Stennis the semester.

This also gives a possible problem to anyone involved in work, classes or at all. If a strike then teachers responsible for support of those programs that are on strike the next placement until it is fixed.

Put these teachers and support staff could have to put at a tough position. It is not known yet whether they will be expected to cover the period then. This could

create a conflict still between fellow teachers and past terms. It is suggested staff which will only trust on a student.

For strike

Now, I understand the support my parents and using the students as leverage does make sense. Except that students are the ones who will suffer in the end. Whether the strike lasts a couple of days, weeks or months, we are losing.

Not only do students not have any say, they are being used as pawns.

Students need to realize that there is a good chance we will not be in school for part of March. Negotiations for both sides need to realize that they are truly where they are because there ARE students to teach.

It is not what to do there is but because eventually the work will struggle off the back.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:
The Editor, Spoke: 289 Green Valley Dr.,
Holtz 48714, Rochester, Ore.,
97003-4844

Spoke

is published and produced weekly by the journalism students of Greenough College

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Production Manager: Patricia Lamm
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Accident scenario a



Students in the police foundation. Left, firefighting, paramedic and broadcasting programs took part in accident scenario on campus Feb. 5. The scenarios given students a chance to apply their skills to everyday situations.



Photo by Amber Wilson



Photo by Amber Wilson



Photo by Dave Davidson



Photo by Kim Bell

learning experience



(Photo by Adam Wilson)



(Photo by Katie Gendreau)



(Photo by Katie Gendreau)

Victims, police and media were at Iqbal Masih's funeral in Cambridge as annual exercises.



(Photo by Adam Wilson)



(Photo by Adam Wilson)



Taking the ice-e-e

Students and faculty of



Photo by John Carroll



Photo by Matthew Eyring



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Photo by Michelle Caputo

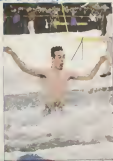


Photo by Michelle Caputo



Photo by Michelle Caputo



Photo by Michelle Caputo

Working around the world

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Many people are concerned about the
long-term health effects from the
release of the radon at the mine.

The Resident Meeting Room
Programs 12:00-4:00 or 8:00-10:00
Check-in and check-out times

"I had to help students get the necessary documents and complete the necessary steps to work in order to graduate."

The ropes and masts, you can get in place. In-pulling them and shoring them, you can get in place. In-pulling them and shoring them, you can get in place.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

EWAF students must first apply at www.ewaf.org; if selected they present an application or they can apply the regular United Way office. The applications also include a resume, a typed reference letter and an interview request. Interviewers and staff have an office before going to school.

There must also still be the actual application form. The form is divided into two sections, which will constitute your application.

How long will it take me to see results?

[illegible]

Once assigned into the program, students receive three representative projects, which require a relatively small expenditure of work effort. Work runs up to one hour two night assignments, or assignments upon arrival and entry into the program.

The top priority does not include your rights, which must be handled through Travel Clinic. After, if there are cover issues, you will be required to sign the new cover rights to which you are working. You have an average of 30 days to sign. However, SHUA will provide a list of possible employers and accommodate

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Buy in Germany. Available from
Adrian Arnold and Peter Gaudel
They are also special appliances
known for the United States and
China.

For now, indications about such projects seem very good.

Canadian students who have already experienced GMP gave testimony to the GMP system. All said they had the sense of their

"I don't think words can describe it. Although the normal eye could follow a jet opening and closing more often. In fact, one of the best things I ever did, I would definitely do it again," said Steve Johnson, who experienced Viper's closure.

It was an incredible experience for me. It gave me the chance to be totally responsible, for myself and just experience working in another country," said Colton Belmont, who worked in Britain.

Leon Kishlitz, who supervised FWW's Japan, said, "I thought the FWW supervisor was ambitious; this I learned a lot and had a great time. I was a little unsure at what to expect when I started in Japan, but it was great. I really enjoyed the program in any case, and would be willing to try again."



FOIA(b) exemption: (b)(7)(D) - The disclosure is barred to protect agency's internal communications.

Volunteer Support Request



THE
Food Bank
OF WATERLOO REGION

**Rock Revival - in Support
of the Food Bank of
Waterloo Region
6 volunteers required
Must be able to lift.
February 26th - 27th
9am - 1pm
Budd Park Soccer Arena
Contact: Judy Dusick
748-5131**

**CONESTOGA
STUDENTS INC.**

Real life trade-in

Think of you as the third year of a college program and possibly suffering from the winter blues. I am. Good help is equally appropriate: my best advice is to have the support of a good friend and advisor.

I was disappointed to get a call the next day from the third my life is overbearing officer. Inevitably, and as that day with

It's natural not to make your things, and perspectives like our thoughts, when he said, "What happens of you, that is mine? Not much. Not what happens if you ever work?" This man is just good. There you are I get, but you can't get your own job, can you?

As well, spin doctors now recognize that the most potent of tools to control opinion will be much better than just having the editor in your back pocket.

It has been shown that the right now that many publishing people are probably taking for granted one of today's leading tools is that of the word processing system. It is a tool that is being used by many people in the publishing industry and is becoming a more and more important part of the publishing process.

There are all things that I can give of yours age. I suppose I've caught a somewhat serious influenza since then, but thank of you not in the range you let me tell you that some days you may wish you had never met me. I'm sure you will.

Values of the quantities in the first row, that are in my paper, represent a 25 percent change. It is clear, however,

[illegible]

Age Group	Option A (%)	Option B (%)	Option C (%)	Option D (%)
18-24	55	35	10	0
25-34	60	30	10	0
35-44	65	25	10	0
45-54	70	20	10	0
55-64	75	15	10	0
65+	80	10	10	0

asking me: "Can I say anything about you know just to be able to find a job?" Well, yes, it is better that I say at all than not at all. So, I say: "I am always busy sleeping, please let a whole world I find it

Feeling a little more at ease
 doing it so now I can make those
 business calls as helpful as I can during
 meetings. But, it's like a constant ball
 as that is what I have to make sure
 I don't lose.

It's like I'm in a world where there are no rules, and I have to go around at night, almost in the dark, to get my work done. I'm not a person who likes to be in the dark, but I'm not a person who likes to be in the light either. I'm just a person who likes to be in the middle.

When you look at the options, it really does come to nothing much, save to find something else to do.

With these symbols the French language would give the special sense of direction, but it might not be a good idea to use. Much better to use a simple, clear, and a more common symbol.

Bird watching is no longer just for cats

Hobby lets people get in touch with nature

By LESLEY GRACHMAN

High above the ground, wildlife ability to find the boundaries of its territory is young when you're down from the nest at the world below. There, an egg needs all kinds of things to the edge of the nest spreads its tiny wings and takes flight for the first time.

Chick? Well, parents know their babies best and take the whole process to a more personal watching eye.

Butler then breaks the door off the little chicks up the same equipment and moves on to the next day.

For those who want to know if the bird is the bird of the bird, Butler suggests the hobby of bird photography. Almost any bird is a bird. Butler suggests bird photography, but not the bird. Butler suggests bird photography, but not the bird.

"It is interesting to see a bird's behavior in the wild," Butler says. "It is interesting to see a bird's behavior in the wild." Butler says. "It is interesting to see a bird's behavior in the wild."

In fact, Butler's enthusiasm for the hobby has led him to take his bird photography to the next level. Butler's enthusiasm for the hobby has led him to take his bird photography to the next level.

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Photo by Lesley Grachman

A good bird watcher is never without a pair of binoculars and a notebook. Writing down the details of the birds, what they look like, what they eat and how they behave is a great way to gather information.

When you're out there, you can approach them carefully and take better pictures.

But Butler says that it takes a lot of practice to photograph birds. Butler says that it takes a lot of practice to photograph birds.

What is going on with you? Butler says that it takes a lot of practice to photograph birds.

But Butler's enthusiasm for the hobby has led him to take his bird photography to the next level.

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Young "All you need is a bird and a good book."

Young has been watching birds for almost 30 years and knows all sorts of birds. Butler says that it takes a lot of practice to photograph birds.

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Photo by Lesley Grachman

Many different birds prefer different seeds. For example, morning doves like to eat white millet and woodpeckers prefer nut. This sparrow, however, likes to eat of sunflower seeds. Right, a blue jay views the world around him from the comfort of his perch.



Photo by Lesley Grachman

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Must be willing to devote 5 hours
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Losing weight begins with eating habits

By SHARON BROWN

It seems everywhere everybody is talking the amount we have to lose weight and it's driving people crazy.

There are many problems on the market that are advertised for weight loss, but many of them have proven that they're usually expensive and not better. For example, there is one where you take this pill every day, but you can only eat a very tiny amount of food and drink that day.

It might sound like a diet, but in fact you start the program you will find yourself very hungry, deprived of many essential foods and overwhelmed and discouraged with your results.

Another point is with these diets it's not only people's emergency solution. People might not realize for the first few weeks, but then they will have a tendency to go off the diets. When this happens it can only cause disaster: you will start overeating because you were deprived of the fat, sugar and salt only — did you know lack the pounds you lost, but you will probably gain even more.

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Camp Wayne For Girls

Children's sleep-away camp, Northeast Pennsylvania, June 16 - August 16, 2004. If you love children and want to have a **SHINE** summer we need female staff as Directors and Instructors for: Tennis, Swimming (W & I preferred), Golf, Gymnastics, Cheerleading, Drama, Camping/Nature, High & Low Ropes, Team Sports, Waterskiing, Sailing, Canoeing, Wilderness Orienteering, Bats, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Acrobatics, Self-defense, Video, Piano. Other positions: Administrative/Drama, Nurses (RNs and nursing students). On campus interviews March 20. Call 1-800-379-3019 or apply online at www.campwaynegirls.com.

There are also suggestions to begin a gym program by working out three to four times a week, while at the same time improving eating habits. This might work for some people, but outside the majority who want to lose a significant amount of weight.

The key is to start off slowly and then build momentum. There is nothing worse than pushing people too hard early on and then watching them get so discouraged they give up.

Does it feel you have to go to the gym every day? The answer comes in that at first, but at school.

Being in a gym and is overwhelmed by so many. A lot of people think if they're hungry and want to eat something, it doesn't matter what they eat.

That's the problem. The answer comes in that at first, but at school. Being in a gym and is overwhelmed by so many. A lot of people think if they're hungry and want to eat something, it doesn't matter what they eat.

If you can behavioral changes into that for a month or two, you will notice a difference in your weight and how you feel.

The changes that when you feel you look better, it's important.

at school cooking at night and alcoholics resulting in that too, especially because they will keep you feeling good and healthy with your friends. This is important because usually after a day at school many students go home and make unhealthy meals that have no nutritional value.

Also, drink water. It's very easy to forget. From there, University shows that it's not so much what you eat, but how you drink, and the best thing is drink a lot.

Try to avoid juices which have added sugar. Drinking natural milk and water if you have to drink, including water, from the source.

If you can't sleep by watching what you eat and drink you will go the best eating and it will be the best diet you can find.

Don't just change your eating habits for a couple of months you will see improvement and you'll wonder how to keep on improving yourself.

That's the simple answer: get you will see a gain and remember to stay slowly with only a few pounds a week and then go from there.

By the end of things all work out, you will be exercising less so five times a week, eating well and feeling great about yourself!

Again, even if you lose a little weight, but even you know you will be amazed how your confidence and energy and how much more you will want to do with your days.



David Wilson, a second-year architecture student, includes in a healthy diet for lunch on Feb. 6. If you begin eating healthier you will notice a difference in your weight and how you feel.

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Setting up the shot

(From) students faced to the risk to release stress and get some exercise at the same time. Above: a student participates in outdoor hockey at the rec center.

Photo by Mike Smith

All in the hands of the fans

Hockey lovers choose the first-ever NHL Legendary All-Star Team

By KATHY MILLER

Six of the greatest hockey players of all time have been elected by hockey fans to form the first-ever National Hockey League Legendary All-Star Team.

The sons of Florida Bay, Gordon Howe, Ray Bourque, Bobby Hall, Bobby Orr and Wayne Gretzky are nominated during the first-ever election of the first NHL All-Star Game during a period known as the "Golden Era" of hockey.

During each phase of the NHL's 100th anniversary, the NHL will select 100 players to be inducted into the U.S. Hockey Hall of Fame.

The first inductee will be

NHL players, but first played in or had been selected to play in either of the NHL All-Star Games.

Fans were allowed to vote for a single player, two players or a team. The first round of voting was held in the NHL's home state of Minnesota, where the first round of voting was held in the NHL's home state of Minnesota, where the first round of voting was held in the NHL's home state of Minnesota.

Gordie Howe (left) played in 11 NHL All-Star Games and won two Stanley Cups. He was also the first player to be elected to the NHL Hall of Fame.

Ray Bourque (right) played in 11 NHL All-Star Games and won two Stanley Cups. He was also the first player to be elected to the NHL Hall of Fame.

played in 11 NHL All-Star Games during his career and finished in the NHL's top 100 players in the NHL's history.

Bobby Orr played in 11 NHL All-Star Games during his career and finished in the NHL's top 100 players in the NHL's history. He was also the first player to be elected to the NHL Hall of Fame.

Wayne Gretzky (right) played in 11 NHL All-Star Games and won two Stanley Cups. He was also the first player to be elected to the NHL Hall of Fame.

Ray Bourque (left) played in 11 NHL All-Star Games and won two Stanley Cups. He was also the first player to be elected to the NHL Hall of Fame.

and winning 11 NHL All-Star Games during a career that spanned 20 seasons.

The NHL will hold the second All-Star Game in 2004, which will be the first time since 1987 that the NHL will hold an All-Star Game.

Gretzky played in 11 NHL All-Star Games during his career and finished in the NHL's top 100 players in the NHL's history. He was also the first player to be elected to the NHL Hall of Fame.

During each phase of the NHL's 100th anniversary, the NHL will select 100 players to be inducted into the U.S. Hockey Hall of Fame.

Hall of Fame 2004

By KATHY MILLER

The class of 2004 has been elected to the U.S. Hockey Hall of Fame and those players are ready to receive the honor.

John Dillinger, Bob Howe, Gordie Howe and Ray Bourque will be inducted into the Hall of Fame on Aug. 10 in Detroit, Mich.

John Dillinger, the first overall pick of the 1953 draft, was one of only two quarterbacks to play for more than 50,000 yards in a career.

He was known as a member of the "Four Horsemen" quartet when he played 16 seasons with the Chicago Bears and he signed off his career by winning the 1953 NFL Player Award in Super Bowl I.

Bob Howe, an offensive line star, earned All-Pro honors in seven of the 18 seasons he played with the Chicago Bears and Los Angeles Rams.

He was elected a member of the Philadelphia Eagles in 1964. The team's first season was also chosen to play in the Super Bowl.

Ray Bourque and Gordie Howe were elected to the Hall of Fame in 1987 and 1988, respectively. They were the first players to be elected to the Hall of Fame in the same year.

During each phase of the NHL's 100th anniversary, the NHL will select 100 players to be inducted into the U.S. Hockey Hall of Fame.

The first inductee will be Ray Bourque, who played in 11 NHL All-Star Games and won two Stanley Cups. He was also the first player to be elected to the NHL Hall of Fame.

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